

# #181 Breaking the Taboo: Trusting Doctors Beyond Gender

 [thelifeofmine3.wordpress.com/2024/12/03/breaking-the-taboo-trusting-doctors-beyond-gender/](https://thelifeofmine3.wordpress.com/2024/12/03/breaking-the-taboo-trusting-doctors-beyond-gender/)

December 3, 2024



Today an incident with my cousin brought to light the persistence of old taboos. His 9-year-old daughter was suffering from a urinary infection and he was adamant about consulting a lady doctor. When he asked my amma for advice on hospitals and doctors she suggested focusing on finding a competent doctor regardless of gender. Amma pointed out that the child's health and proper treatment were the priority not the gender of the doctor.

However my cousin was hesitant saying he felt uncomfortable discussing "private matters" with a male doctor even for his child. Amma countered this by saying such discussions are normal and necessary for the child's well-being. She emphasized that it's a doctor's job to provide care and solutions not to focus on gender or personal discomfort.

Reflecting on this I couldn't help but think about my own experiences. I underwent four plastic surgeries on my seats all performed by male doctors including one at age 21 for bedsores. Initially I felt a sense of inferiority about the nature of these surgeries. On one hand I considered it a senseless part of my body so I convinced myself that it didn't matter who did anything as it didn't affect me. But over time I realized that these professionals were not seeing me as just a body but as a patient in need of care. Their sole focus was on treating my condition and helping me recover.

One thing I also realized today is my own hesitation in openly naming specific body parts when discussing sensitive topics. Even now I find myself using vague terms like "private parts" instead of accurate medical terminology. This is something I need to work on especially when writing publicly because using the correct terms like "buddocks" or "urinate" is crucial. It not only normalizes the discussion but also helps break down the stigma around these topics.

The medical field is about skill, compassion and professionalism not gender. Whether it's a male doctor treating a female patient or vice versa the ultimate goal is healing. Today I even wrote a gratitude letter to my doctors and nurses acknowledging their dedication and professionalism to me.

This incident with my cousin reaffirmed my belief in the importance of breaking outdated taboos. It's vital to view doctors as professionals who are there to address illnesses and save lives not as individuals defined by gender. While I may not be in a position to confront my cousin directly sharing this perspective might inspire others to break free from these outdated beliefs and trust in the expertise of healthcare professionals.